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Sports Supplement Review by Bill Phillips (1997)

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Description

Sports Supplement Review

Item Specifics - Nonfiction Books

Author: **Bill Phillips**

Publisher: **Mile High Pub**

ISBN: **096587320X**

Format: **Softcover**

Publication Year: **2000**

Special Attributes: —

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[Additional information](#)

Category: **Sports & Recreation**
weight lifting

Condition: **New**

Sports Supplement Review 1997 3rd edition, 350 pages, bill phillips NOTE: Default description reads copyright 2000, this auction is for the 1997 edition great condition, softcover Great for your own use or as a gift Cover price \$29.95, here ONLY \$4.99!!!! Checkout my other auctions too!!!!

EAS SUPPLEMENT PROFILES

BetaGen™

An orange-flavored drink mix,
available in 30- or 90-serving containers.
Nutritional information per 6.6 gram serving:

Calories	10
Carbohydrates	2 g

Vitamins and minerals: **U.S. RDA%**
Not a significant source of fat, saturated fat, cholesterol,
dietary fiber, Vitamins A & C, calcium, and iron.

Also provides per serving:

Ca HMB Monohydrate	1,000 mg
Creatine Monohydrate	2,000 mg
Potassium Phosphate	.50 mg
L-Glutamine	.400 mg
Taurine	.200 mg

BetaGen Ingredients:

Dextrose, Phosphagen™ (HPCE pure creatine monohydrate), calcium β-hydroxy β-methylbutyrate monohydrate, citric acid, L-glutamine, natural flavors, taurine, potassium phosphate, aspartame*, and beta-carotene for color.

***PHENYLKETONURICS:** Contains phenylalanine.

Recommended Use: Add 1 scoop to 4 oz of water or juice, and stir/mix until dissolved. Or add a serving of BetaGen to your favorite protein drink or meal-replacement powder. Use 3 servings daily. Do not exceed recommended dosage. Consult with a physician prior to use if you have any medical conditions. Do not use if pregnant or lactating.

CLA™

Available in 90-capsule containers.

Each soft gel capsule contains:

1,000 mg vegetable oil with 60% conjugated linoleic acid (CLA) and 40% other monounsaturated and saturated fatty acids. 0.02% TBHQ (antioxidant) has been added to preserve freshness.

Recommended Use:

Take 2 capsules, 3 times daily with meals.

CytoVol™

A lemon-flavored drink mix,
available in 15-serving containers.
Nutritional information per 15 gram serving:

Calories	45
Carbohydrates	4 g
Sodium	.60 mg

Vitamins and minerals: **U.S. RDA%**
Calcium 30%
Phosphorus 6%
Not a significant source of fat, saturated fat, cholesterol,
dietary fiber, Vitamins A & C, and iron.

Also provides per serving:

L-Glutamine	2,500 mg
Taurine	2,000 mg
Manganese	.50 mcg
Calcium AKG	1,500 mg
Inositol	.500 mg
Glycine	.500 mg
RNA	.250 mg
L-Alanine	2,000 mg

CytoVol Ingredients:

Dextrose, L-glutamine, taurine, L-alanine, calcium alpha-ketoglutarate (AKG), citric acid, natural flavors, inositol, glycine, sodium ribonucleic acid (RNA), sodium phosphate, turmeric mixed with maltodextrin for color, aspartame*, and manganese glycinate.

***PHENYLKETONURICS:** Contains phenylalanine.

Recommended Use: As a dietary supplement, mix/stir 4 tsp in 6-8 oz of cold water or juice and consume after training or before going to sleep.

GKG™

Available in 120-capsule containers.

Each capsule contains:

α-Ketoglutaric acid (Calcium alpha-ketoglutarate)	250 mg
L-Glutamine	.275 mg
Taurine	.150 mg
Calcium (Calcium alpha-ketoglutarate)	.63 mg
Potassium (Potassium chloride and phosphate)	.25 mg
Magnesium (Magnesium phosphate and oxide)	.25 mg

RNA (Sodium RNA less than 1 mg of sodium)	.9.5 mg
Manganese (Albion® glycinate)	.400 mcg

Recommended Use: As a dietary supplement, take 3-6 capsules after training and at bedtime. On non-training days, take 6-12 capsules at bedtime.

HMB

Available in 120- or 360-capsule containers.

Each 4-capsule serving supplies:

HMB (Calcium β-hydroxy β-methylbutyrate monohydrate)	1,000 mg
Potassium Phosphate	.200 mg

Recommended Use: As a dietary supplement, take 4 capsules 3 times per day with meals. Do not exceed recommended dose. Consult with a physician prior to use if you have any medical conditions. Do not use if pregnant or lactating.

Myoplex Plus™

Vanilla, chocolate, and strawberry flavors
available in boxes of 20 or 42 packets.

Nutritional information per 76 gram vanilla serving:

Calories	280
Protein	.42 g
Carbohydrates	.24 g
Fat	.2 g
Cholesterol	.15 mg
Sodium	.330 mg
Potassium	.550 mg
Fiber	<.1 g

Vitamins and minerals: U.S. RDA%	
Vitamin A (20% as beta-carotene)	.40%
Vitamin C	.50%
Calcium	.50%
Iron	.50%
Vitamin D	.50%
Vitamin E	.100%
Thiamin	.50%
Riboflavin	.50%
Niacin	.50%
Vitamin B ₆	.50%
Folic Acid	.50%
Vitamin B ₁₂	.50%
Biotin	.50%
Pantothenic Acid	.50%
Phosphorus	.50%
Iodine	.50%
Magnesium	.50%
Zinc	.50%
Copper	.50%

Recommended Use: For a rich, creamy shake, combine the contents of each packet with 15 oz of cold water, juice, or skim milk and thoroughly mix in a blender or shaker for 45 seconds. Use 2-4 servings daily.

Vanilla Cream Myoplex Plus Ingredients:

MyoPro™ (unique blend of whey protein isolate from specially filtered and ion-exchanged whey protein, calcium caseinate, milk protein isolate, taurine, L-glutamine, sodium caseinate, egg albumin, and calcium alpha-ketoglutarate [AKG]), maltodextrin, corn syrup solids, vitamin and mineral blend (potassium chloride, disodium phosphate, calcium phosphate, magnesium oxide, potassium citrate, potassium phosphate, choline bitartrate, beta-carotene, ascorbic acid, dl-alpha tocopheryl acetate, ferrous fumarate, molybdenum amino acid chelate, boron proteinate, manganese gluconate, selenium amino acid chelate, niacinamide, zinc oxide, calcium pantothenate, chromium citrate, copper sulfate, Vitamin A palmitate, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, Vitamin D₃, folic acid, biotin, potassium iodide, and cyanocobalamin), natural and artificial flavor, partially hydrogenated canola oil, aspartame*, Citrimax™ (garcinia cambogia), salt, medium-chain triglycerides, xanthan gum, soy lecithin, cellulose gum, mono and diglycerides, and borage oil.

***PHENYLKETONURICS:** Contains phenylalanine.

Myoplex Plus Deluxe™

Vanilla, chocolate, and strawberry flavors
available in boxes of 20 packets.

Nutritional information per 83 gram vanilla serving:

Calories	300
Protein	.42 g
Carbohydrates	.25 g
Fat	.2 g
Cholesterol	.5 mg
Sodium	.450 mg
Potassium	.550 mg
Fiber	.1 g

Vitamins and minerals: U.S. RDA%	
Vitamin A (20% as beta-carotene)	.40%
Vitamin C	.50%
Calcium	.70%
Iron	.50%
Vitamin D	.50%
Vitamin E	.100%
Thiamin	.50%
Riboflavin	.50%
Niacin	.50%
Vitamin B ₆	.50%
Folic Acid	.50%
Vitamin B ₁₂	.50%
Biotin	.50%
Pantothenic Acid	.50%
Phosphorus	.50%
Iodine	.50%
Magnesium	.50%
Zinc	.50%
Copper	.50%

Also provides per serving:

Choline	100 mg
Molybdenum	.50 mcg
Boron	.1 mg
Manganese	.400 mcg
Selenium	.33 mcg
Chromium	.100 mcg
Vanadyl Sulfate	.10 mg
Conjugated Linoleic Acid	1,000 mg
Sodium RNA	.9.5 mg

Recommended Use: For a rich, creamy shake, combine contents of packet with 16 oz of cold water, juice, or skim milk and thoroughly mix in a blender or shaker for 45 seconds. Use 2-3 servings daily.

Rich Vanilla Myoplex Plus Deluxe Ingredients:

MyoPro™ (proprietary protein blend containing whey protein isolate from ion-exchanged whey, milk protein isolate, calcium caseinate, sodium caseinate, and egg albumin), maltodextrin, GKG® (proprietary blend containing L-glutamine, calcium alpha-ketoglutarate [AKG], taurine, potassium chloride, potassium phosphate, magnesium phosphate, magnesium oxide, sodium RNA, and manganese glycinate), CLA™ (calcium conjugated linoleic acid from sunflower oil), natural and artificial flavors, partially hydrogenated canola oil, xanthan gum, V2G™ (proprietary blend containing taurine, vanadyl sulfate, and sodium selenate), vitamin and mineral blend (choline bitartrate, beta-carotene, ascorbic acid, dl-alpha tocopheryl acetate, ferrous fumarate, molybdenum amino acid chelate, boron proteinate, niacinamide, zinc oxide, calcium pantothenate, chromium citrate, copper sulfate, Vitamin A palmitate, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, Vitamin D₃, folic acid, biotin, potassium iodide, and cyanocobalamin), corn syrup solids, salt, soy lecithin, aspartame*, cellulose gum, carrageenan, Citrimax™ (garcinia cambogia), medium-chain triglycerides, mono and diglycerides, and borage oil.

***PHENYLKETONURICS:** Contains phenylalanine.

Myoplex Plus Deluxe™ Bar

Chocolate and chocolate-peanut butter flavors
available in boxes of 12 bars.

Nutritional information per 90 gram chocolate bar:

Calories	340
Protein	.24 g
Carbohydrates	.44 g
Fat	.7 g
Cholesterol	<.5 mg
Sodium	.150 mg
Potassium	.350 mg
Fiber	.2 g

Vitamins and minerals: U.S. RDA%	
Vitamin A	.50%
Vitamin C	.50%
Calcium	.25%
Iron	.50%
Vitamin D	.50%
Vitamin E	.50%
Vitamin K	.30%
Thiamin	.50%
Riboflavin	.50%
Niacin	.50%
Vitamin B ₆	.50%
Folate	.50%
Vitamin B ₁₂	.50%
Biotin	.50%
Pantothenic Acid	.50%
Phosphorus	.25%
Iodine	.50%

continued →